



Live Again Substance Abuse Treatment Center

Helping people reclaim their lives

DISCHARGE SUMMARY

February 29, 2016

Client Information

Name: Janet Morgan

DOB: May 23, 1985

Sex: Female

Gender Identity: Female **Gender Expression:** Female

Race: Caucasian

Ethnicity: Non-Hispanic

Referral Source

☐ Self

☒ Probation/Parole

☒ Court Ordered

☐ Medical Provider

☐ Other: _____

Background Information

Janet Morgan came to the Live Again Substance Abuse Treatment Center (LASATC) on October 21, 2015, to participate in a substance abuse assessment and treatment as indicated. She was referred to LASATC by the courts as a condition of probation following her arrest in July 2015 for possession. While participating in the program, Ms. Morgan informed the facility that her three children were in the custody of Mock State.

Social History

Ms. Morgan is a 30-year-old, petite, Caucasian female of average height and weight. She is the younger of two children in her family. Ms. Morgan's father died approximately 10 years ago. Ms. Morgan is estranged from her older sister and her mother and has not spoken with either of them in at least 5 years. Ms. Morgan reports that her family moved every 2 years as her father was in the military. Ms. Morgan said that her parents were not overly affectionate and ran a strict household valuing independence and self-reliance. She reported that she often felt lonely. She denied a history of child abuse or domestic violence within the family. She said that neither of her parents used alcohol or other drugs. She said that she drank a few times in high school but had not experimented with other drugs.

Ms. Morgan met Raymond Capa in 2004. They had their first child in 2005 and a second child in 2007. The couple was never married. Ms. Morgan said that neither of their extended families approved of their relationship; however, her sister would assist with child care. Ms. Morgan reported that she was often the primary supporter of the family saying that Mr. Capa abused alcohol on occasion and also was diagnosed as bipolar. At times, Ms. Morgan worked two jobs, one as a waitress full time and as a part-time cashier.

Ms. Morgan and Mr. Capa separated in 2008. Ms. Morgan said that she began seeing Justin Rogers a short time later. The two moved in together when she became pregnant with her third

child. Ms. Morgan said that her sister did not approve of Mr. Rogers and no longer assisted her with child care. Ms. Morgan reported that she quit working at that time to raise the children. In 2013, Mr. Rogers was arrested for drug possession and dealing and sentenced to serve 6 years. Ms. Morgan said she returned to waitressing and, through a combination of her earnings, tips, and the occasional child support she received from Mr. Capa, was successfully raising her children. In November 2013, Ms. Morgan said that, while at work, she slipped in the restaurant's kitchen and injured her back. She was on workers' compensation for a number of months before being approved for disability. She was under the medical care of Dr. Cary Abernathy, and it was he who initially prescribed her opiates for pain management.

Ms. Morgan reported that Mr. Rogers' friends came to her assistance during this time and helped out with managing the children and household chores. She said that she was so desperate for assistance at the time that she overlooked the drugs and other issues that they brought into the family home. Ms. Morgan said that when Dr. Abernathy refused to increase her dosage to address her pain, it was these friends that introduced her to alternative street drugs. Ms. Morgan stated that she didn't realize how bad it had gotten until the police arrived at her home, and her children were taken away.

Assessment Instruments:

Life Event Checklist

Current Opioid Misuse Measure (COMM)

Addiction Severity Index

Shipley IQ

Beck Depression Inventory

Clinical Impressions

F11.24 Opioid-induced depressive disorder, with moderate or severe use disorder

Course of Treatment

At time of intake, LASATC supported Ms. Morgan with withdrawal symptoms, which included both pharmacological (buprenorphine) and psychotherapy. Withdrawal and detoxification were overseen by our staff physician. The goal was to safely ameliorate acute symptoms and to support Ms. Morgan. Once Ms. Morgan completed withdrawal, a regimen of psychosocial and pharmacological therapies began.

Ms. Morgan participated in behavioral therapies as an essential part of her comprehensive treatment plan to prevent opioid use long term. These included contingency management and cognitive behavioral therapy. Ms. Morgan created a plan for restructuring her life upon discharge to support her sobriety, which included developing a peer-support network and exploring opportunities for employment training programs given her disability. Ms. Morgan also began addressing family and parenting issues during therapeutic visitations with her children. In addition to the mentoring and coaching that were provided during each visit, Ms. Morgan met with her counselor to debrief after each visit. Ms. Morgan has successfully completed treatment.

LASATC assisted Ms. Morgan with pain management. While at the facility, she began taking gabapentin in combination with an exercise program, topical treatments, and acupuncture. The combination appears to have significantly reduced her pain and increased mobility.

Recommendations

1. Ms. Morgan continues with the cognitive behavioral therapy on an outpatient basis.

2. Ms. Morgan attends a self-help group (Narcotics Anonymous) daily upon discharge and reduce to three times a week after 1 month.
3. Ms. Morgan receives follow-up care and support for ongoing pain management.

Prepared by:

Richard Davis

Richard Davis, MA, LPCC, LADAC

Live Again Substance Abuse Treatment Center